DN-ABL-382

MAPHUNZIRO A MATENDA A EDZI

BOOK ONE

MALAŴI AIDS EDUCATION FOR SCHOOLS

PN-ABL-382
ISN 77427

MAPHUNZIRO A MATENDA A EDZI

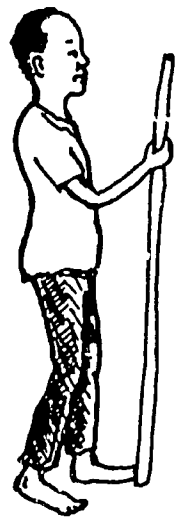
BOOK ONE

Produced in cooperation with the Malaŵi Ministry of Health, AIDS Secretariat, Health Education Unit, Ministry of Education and Culture, Ministry of Community Services, UNICEF, WHO, Malaŵi Institute of Education and USAID/AIDSCOM.

1992 Edition

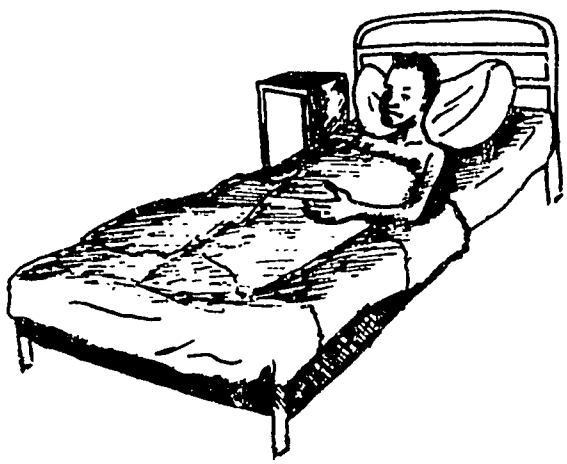
PHUNZIRO 1: EDZI NDI CHIANI

1. Atate apezeka ndi EDZI ku chipatala.

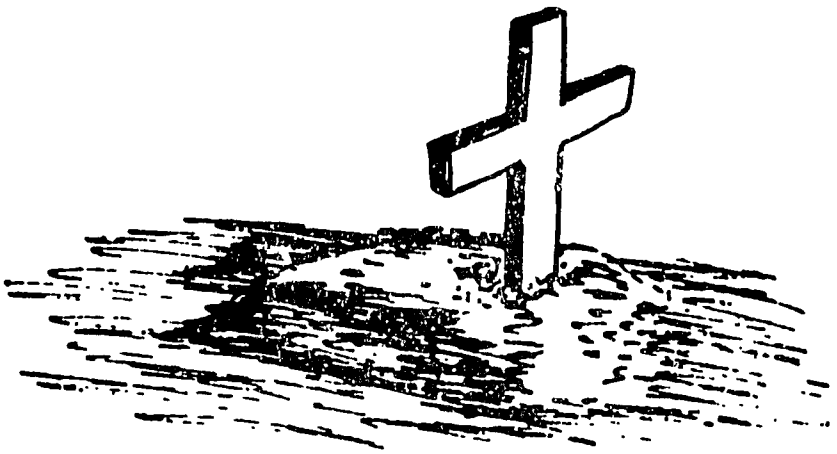


2. Kuchipatala kulibe mankhwala ochiza EDZI. Atate akupita kwa Sing'anga.

3. Atate abwerera ku nyumba. Asing'anga alibe mankhwala ochiza.



4. Kulikonse kulibe mankhwala ochiza EDZI. Atate amwalira ndi nthenda yoopsa ya EDZI.



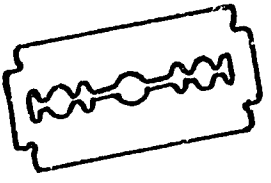
5. Manda atate.

Munthu akadwala EDZI mapeto ake ndi imfa.

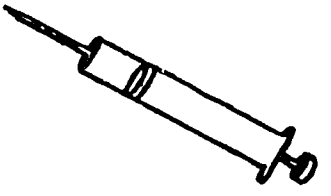
PHUNZIRO 2: KODI EDZI IMAFALA BWANJI?

Izi ndi njira zisanu zomwe ingafalire nthenda ya EDZI ngati simusamala.

Jambulani mukope lanu.

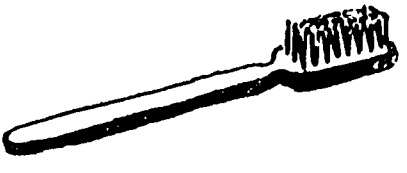


Lezala

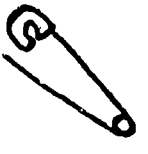


Jakisoni

Zingano



Mswachi



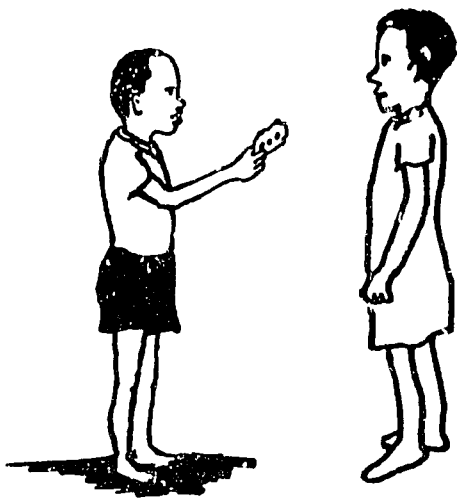
Phinifolo

6. Mukuona chiani apa?

PHUNZIRO 3: KAFALIDWE KA EDZI

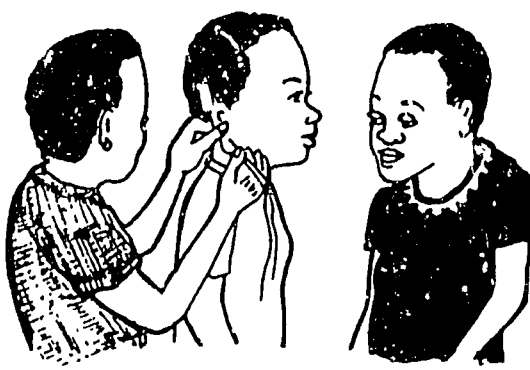
Lewani kubwerekana malezala, mungatenge EDZI. Tizirombo ta EDZI timakhala m'magazi. Mungatenge EDZI ngati magazi otsalira pa lezala alowa mthupi lanu.

7. Mnyamata awenga zikadaba.



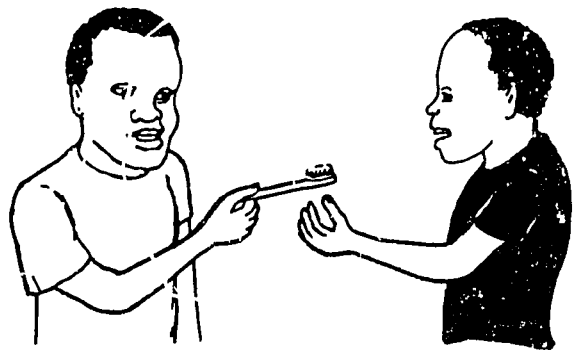
8. Mnyamata abwereka mtsikana lezala lija.

9. Mtsikana awengeranso zikadaba zake lezala lija.



10. Akubwerekana zingano yoboolera makutu.

Lewani kubwereka zingano, mungatenge EDZI. Tizirombo ta EDZI timakhala m'magazi. Mungatenge EDZI ngati magazi otsalira pa zingano alowa m'thupi lanu.



11. Akubwelekana mswachi.

Lewani kubwerekano mswachi, mungatenge EDZI. Tizirombo ta EDZI timakhala m'magazi. Mungatenge EDZI ngati magazi otsalira pa mswachi alowa m'thupi lanu.

NYIMBO

EDZI ndi yoopsa imapha
EDZI ndi nthenda yoopsa imapha
Mai chenjerani nayo imapha
Mai chenjerani nayo imapha

EDZI ndi nthenda yoopsa imapha (2x)
Bambo chenjerani nayo imapha (2x)

EDZI ndi nthenda yoopsa imapha (2x)
Asungwana chenjerani nayo imapha (2x)

EDZI ndi nthenda yoopsa imapha (2x)
Anyamata chenjerani nayo imapha (2x)

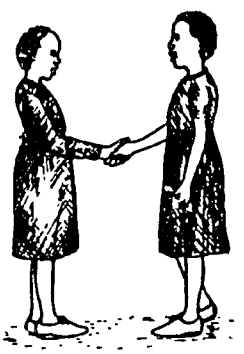
EDZI ndi nthenda yoopsa imapha (2x)
Tonse tichenjere mayo tingafe (2x)

PHUNZIRO 4: EDZI SAPATSANA MU NJIRA IZI

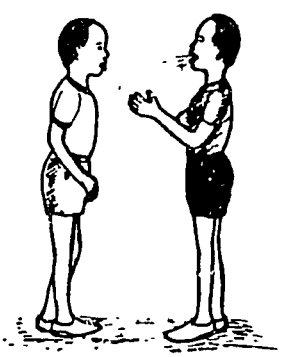
Nthenda ya EDZI yafika poopseza kwambiri. Anthu ambiri akupewa abale ndi anzawo chifukwa nthendayi ilibe mankhwala. Koma nthenda ya EDZI siifala mnjira izi:

Kucheza ndi odwala
Kudya ndi odwala
Kusewera ndi odwala
Kuvina ndi odwala

Zoona nthenda ya EDZI siichizika koma sapatsana popereka moni wa manja.

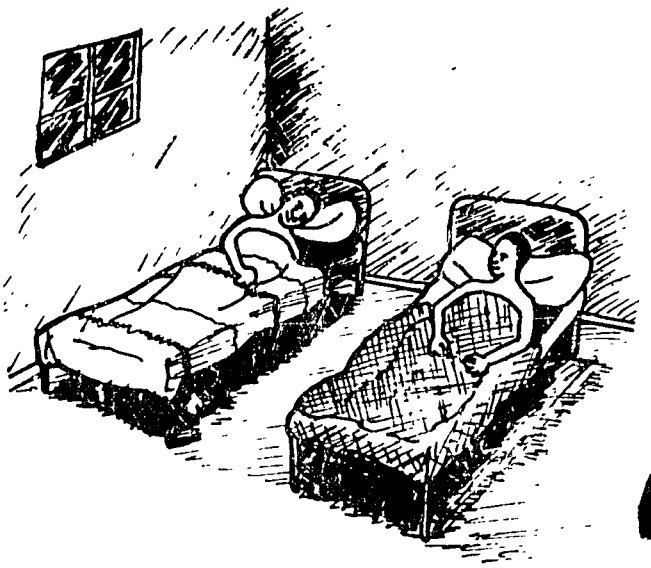


12. Kupatsana moni.

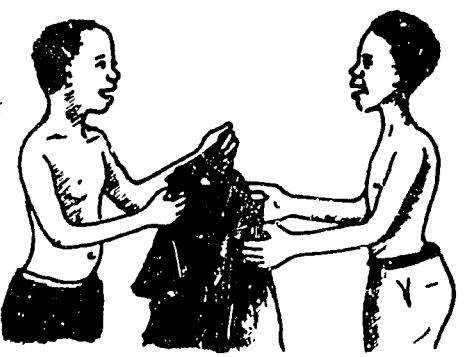


13. Potsokomola.

Matenda a EDZI sapatsana potsokomola kapena poyetsemula ngati nthenda ya chifuwa chachikulu.

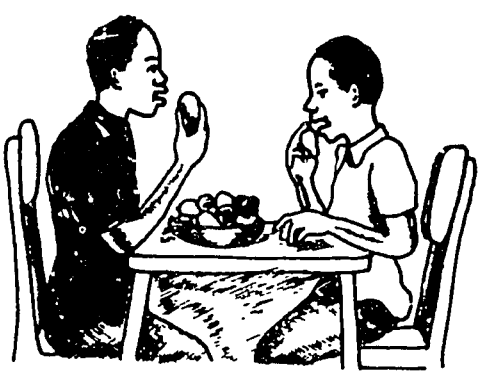


14. Kugona m'nyumba limodzi.



15. Kubwerekana zovala.

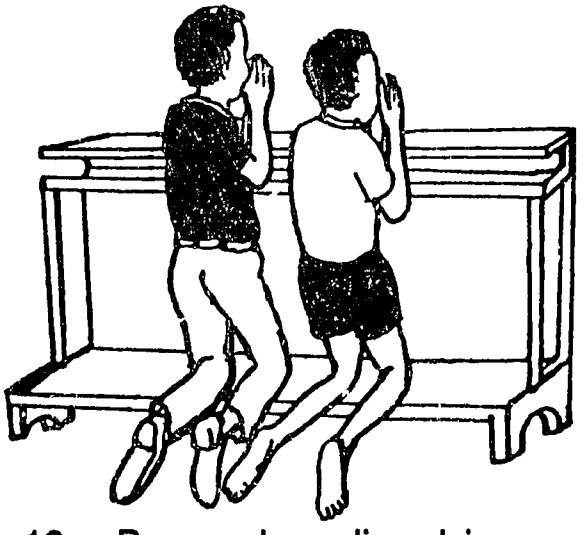
16. Pocheza limodzi.



17. Kudya pamodzi.

18. Pocheza ndi odwala.

Sapatsana nthenda ya EDZI poyenda kapena kukhalira pamodzi ku mudzi, m'nyumba, kusukulu kapena kutchalitchi.

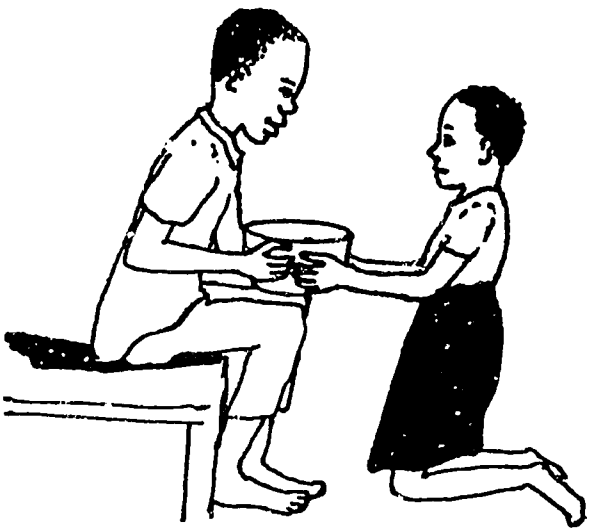


19. Popemphera limodzi.

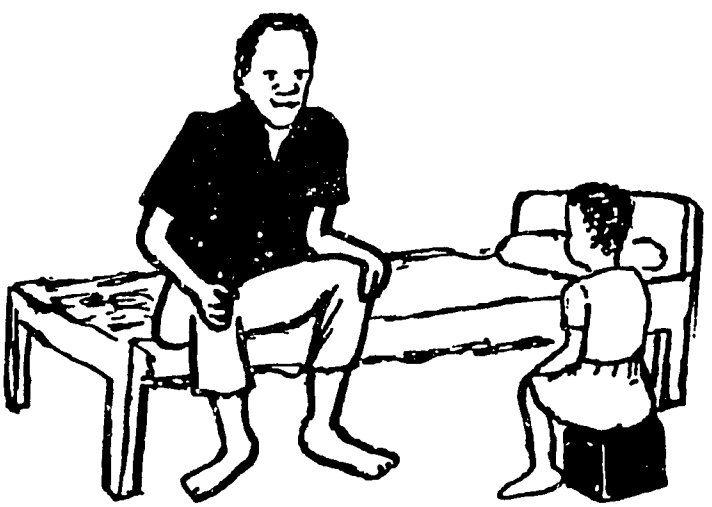
PHUNZIRO 5: KUSAMALA ODWALA

Anthu odwala amafuna kuti tiwakonde ndi kuwasamala. Ife ana titha kuthandiza odwala EDZI motere:

20. Kusamba m'manja tisanagwire zakudya.

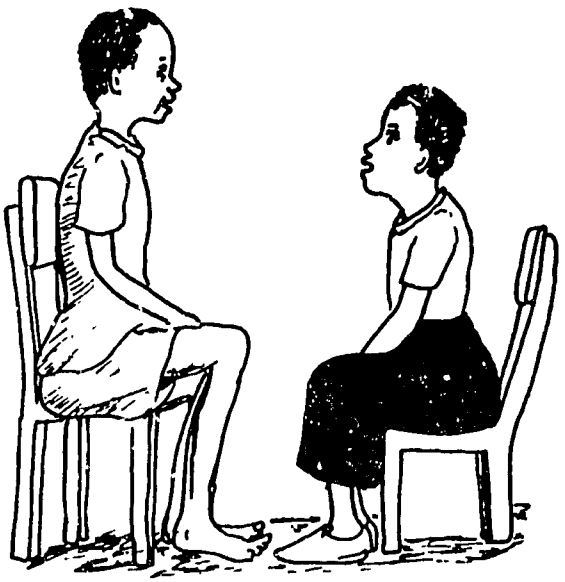


21. Kupereka zakudya kwa wodwalayo.



22. Kukamuwona wodwalayo.

23. Kusamba m'manja tikatha kusamala wodwala.



24. Kusangalatsa wodwala.

PHUNZIRO 6: KUTHANDIZA WODWALA EDZI

Dziwani kuti wodwala EDZI tithanso kumuthandiza motere:

25. Kumuphikira.

26. Kumuchapira.

27. Kumusitira.

28. Kumusesera.

29. Kusamala ana odwala EDZI pa kuwasambitsa.

PHUNZIRO 7: ZINA ZOFUNIKIRA KUDZIWA

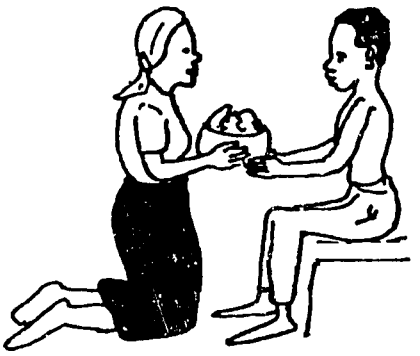
Amayi atadwala EDZI sangagwire ntchito izi.

30. Kugulitsa malonda.

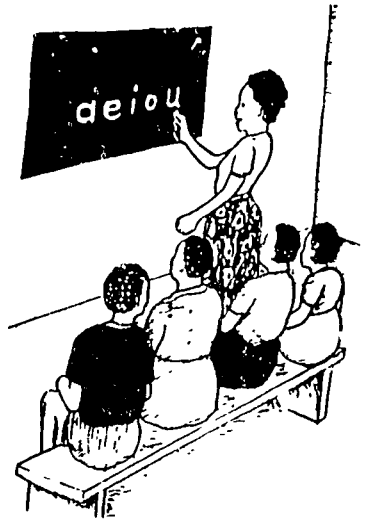
31. Kutunga madzi.

32. Kutola nkhuni.

33. Kupita ku tchalitchi.



34. Kupereka chakudya kwa wodwala.



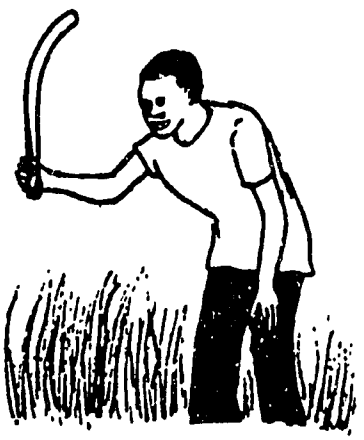
35. Kuphunzitsa.

36. Kulima.

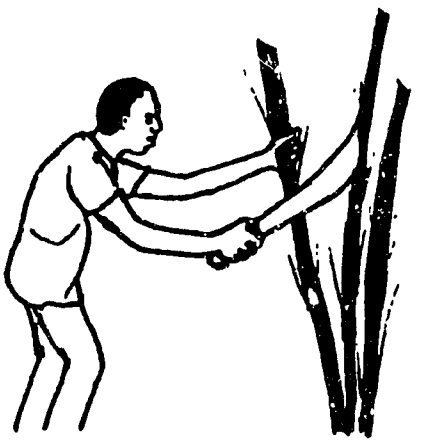
Ana atadwala EDZI sangachite pamodzi zinthu izi:

Kupita kumsika, kutchalitchi, kukacheza kwa abale, kukasewera, kuvina, kuyimba, kulima, ndi zina zotero.

Atate atadwala EDZI sangachite zinthu izi:



37. Kutchetcha.

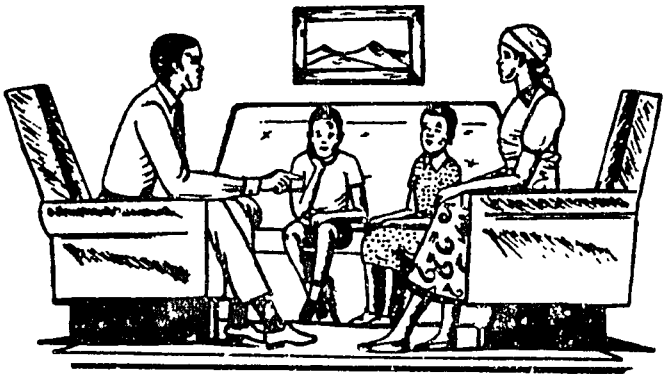


38. Kudula milimo.

39. Kusema mpini.

40. Kulima.

Jambulani zimene bambo amachita pa nyumba.



41. Banja lokondwa.

PA BANJA MMODZI ATADWALA ONSE SANGASANGALARE.

ACKNOWLEDGEMENT

Acknowledgement and thanks are due the many institutions, agencies, organizations and individuals who have contributed so generously to the preparation of these materials, including representatives of governmental and non-governmental bodies and Malaŵi's religious community, Protestant, Catholic and Muslim. While the many individuals who have participated in the writing and editing of these booklets are far too numerous to mention, their efforts to provide Malaŵi's youth with the information they need to protect themselves from HIV infection deserve the gratitude of all the nation.